



Cone Bay Barramundi with baby leeks and saffron dressing





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Cooking time 30mins - Serves 4

Ingredients:

4x200g Cone Bay Barramundi

100g plain flour

salt & pepper

100ml olive oil

4 baby leeks

100ml chicken stock

1 clove garlic

4 sprigs of thyme

100ml extra virgin olive oil

salt & pepper

Dressing:

5g saffron toasted and infused with 20ml leek cooking liquor

50ml freshly squeezed orange juice

2 ripe roman tomatoes blanched/skinned and seeded

50ml extra virgin olive oil

Method:

- 1) Pre-heat oven to 180 degrees for 10mins.*
- 2) Cut the leeks into 4 even pieces, place into small baking dish, cover with stock and add garlic, thyme, olive oil, salt and pepper. Cover with alfoil and place in oven for 20mins or until soft.*
- 3) Toast saffron in a pan to release the aromas, then add the 20ml of warm leek juice to the saffron. Let cool and add orange juice, diced tomato and olive oil, set aside.*
- 4) Heat frying pan to a medium heat, season barramundi with salt and pepper, then dust it in flour.*
- 5) Add olive oil to pan and lay barramundi into heated pan and cook for about 2 to 3 minutes*
- 6) Turn barramundi with a fish slice and proceed to cook for a further 2 to 3 minutes.*
- 7) Take fish out of pan and let rest in a warm spot.*
- 8) To serve place barramundi on top of leeks and spoon dressing on and around the fish.*





Cone Bay Barramundi on med-veg risotto

cone bay salt water
barramundi[™]

AUSTRALIA'S PREMIER OCEAN BARRAMUNDI





Cone Bay Barramundi on med-veg risotto

Preparation and cooking time 1 hr - Serves 6

Ingredients:

6x180g skin on Cone Bay Barramundi

100g plain flour

100g brown onion diced

2 garlic cloves chopped

200g risotto rice

100g zucchini diced

100g red capsicum diced

100g eggplant diced

100g pumpkin diced

100g tomatoes diced

750ml chicken stock

200ml olive oil

salt and pepper

50g chopped parsley

Method:

- 1) Heat frying pan with 5ml olive oil and sauté zucchini till semi cooked. Do the same with eggplant, capsicum and pumpkin, set aside separately and let cool.*
- 2) In a separate heavy based pot heat 100ml of oil and fry off onion and garlic, when transparent add rice till it cracks (about 5 mins). Add a quarter of the stock, stir until absorbed. Repeat this process once more then add vegetables, tomatoes, parsley and most of the stock. After about 10 mins remember to start the fish.*
- 3) Place your heavy based frying pan onto the stove top and turn gas on to medium high, heat the pan for about 3 to 5 mins or until just starting to smoke.*
- 4) Season the fish with salt and pepper and roll each portion in the flour, being sure to dust of excess flour.*
- 5) Put some oil in the pan and place it non skin side down first, cooking for around 2 to 3 mins depending on size of fillet, then turn to put the skin side down for a further 3 to 4 mins*
- 6) Handy tip: If you're unsure about this. pre heat the oven for around 20 mins at 180 degrees and finish it in the oven for a couple of mins.*
- 7) Once the fish is almost cooked return to the risotto and add the last of the stock. Bring back up to simmer then switch it off. Add 100ml olive oil and whip it in with wooden spoon until creamy.*
- 8) Place risotto on plate, top with barramundi and drizzle with olive oil to serve.*

